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**Congratulations Graduates  
Class of 2005!!**

- **Christopher Pettibone** will graduate from Bishop-Machbeuf High School in Denver and is planning to attend Metro College in Denver. Chris is passionate about aviation!
- **Wesley Allen** will graduate from East Middle School in Aurora, and move on to Hinkley High School this fall. Wesley plans to attend an All Nation Native American PowWow in San Diego this summer with his Grandfather to celebrate their heritage!
- **Noah Theeman-Lindberg** graduates from New Vista High School. He plans to defer college for a year and then go. He has been a student member of the adult board of the Boulder ACHH. His

**WISH LIST**

*Volunteers to Help Coordinate Fundraising Events*

*Fund our Quarterly Newsletter*

- *Printing \$1,800/year*
- *Postage \$1,200/year*

*Underwrite Library Materials*

*Underwrite Training & Advocacy*

**Tips for Shifting from School Year to Summer Break**

Kristin Stanberry

As the school year draws to a close, you and your family probably view summer break as a well-deserved reprieve. If your child has learning and/or attention problems, it's important to recognize that the shift from school year to summer break (however welcome) represents a transition phase and may pose special challenges for your child.

Regardless of the summer plans you've made, you may want to ease into summer in a way that addresses your needs as well as your child's. Here are some tips to consider:

## **A Rare and Exciting Opportunity For TSA-RMR Members & Friends**

You're invited to meet and talk with Dr. Chet Berlin, University Professor of Pediatrics at Penn State Children's Hospital, and TSA National Speaker. TSA-RMR members and friends will learn about the latest medical information regarding TS and the opportunity to ask questions about Tourette Syndrome Spectrum Disorders.

**WHEN:**           **May 5, 2005**  
**TIME:**           **5:30 – 6:45 PM**  
**WHERE:**       **Children's Hospital**, Tammen Hall Auditorium 19<sup>th</sup> Ave-Denver 80218  
(between Downing & Ogden and 19<sup>th</sup> & 20<sup>th</sup>)

Members are encouraged to invite their physician to attend. We ask that everyone please **RSVP** by **May 1<sup>st</sup>**. You may call the TSA-RMR office at 303-774-7707 or email: [tsarmr@att.net](mailto:tsarmr@att.net).

**It only happens every two years ...**

**Reserve your tickets by sending in your early registration today and  
mark you calendars**

### **MOVEMENT DISORDERS SYMPOSIUM "HOPE & PROGRESS"**

**September 10, 2005 – 8:15 am – 4:30 pm**

**New Hope Baptist Church  
3701 Colorado Blvd – Denver, CO 80205**

Agenda includes: Genetics of Diseases, Emotional Health & Well Being, Changes & Transitions, Integrating Alternative Therapies, Caring & Coping, Resource Panel Discussion, Legal Issues (Wills, Trusts, Guardianships, Powers of Attorney, Social Security)

Speakers include doctors and specialists from around the US and the Denver area  
Excellent vendor products, materials, books and more!

Founding & organizing local groups: Dystonia, Huntington's Disease, Parkinson's, Tourette Syndrome

**Registration:           Movement Disorders Symposium – Hope & Progress**

**C/o Huntington's Disease: phone 303-837-9937 or e-mail [hinklea@comcast.net](mailto:hinklea@comcast.net)**

*Tourette Syndrome Association, Inc.-Rocky Mountain Region, attempts to offer support group opportunities, literature, information and assistance to individuals with Tourette Syndrome and its associated disorders, their families, interested friends and supporters. TSA-RMR DOES NOT provide medical advice, nor do they promote, endorse, or recommend any product, therapy, or institution. Study and check all drugs, treatments, therapies and products carefully and speak with your physicians and pharmacists. Statements and opinions expressed in this Newsletter and at support groups or in any other information are not necessarily those of TSA-RMR.*

## THANKS MOM !!!

In honor of Mothers Day – take a few minutes to thank every “mom” who has loved, taught, comforted, and cared for you – in the good times and the bad.



Mom’s are most commonly, the caretakers, the ones who contact TSA-RMR for help and information, and the ones who respond to those calls, support and provide services to you the members.

Send a donation today in honor of Mothers Day. Designate your “mom” on the donation and share a special remembrance of her that can be posted in our next Newsletter.

(Mom’s include the traditional “mom” plus all the wonderful women you love and who love you!)

In honor and recognition of Mother’s Day, I want to make a tax deductible donation to Tourette Syndrome Association, Rocky Mountain Region, a 501[c]3.

This donation is given in honor of \_\_\_\_\_  
my \_\_\_\_\_ because she \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\$50    \$100    \$250    \$500 Bronze    \$1,000 Silver    Other \$ \_\_\_\_\_

Donor name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ Work phone: (\_\_\_\_) \_\_\_\_\_

E-Mail: \_\_\_\_\_

*(Unless requested otherwise, your name and “Mom” may be listed in the TSA-RMR materials.)*

Newsletter Schedule

May & February: General Information Issues  
August: Education Issue November: Medical Issue

Board Meeting Schedule

2nd Monday of Each Month  
Call for location and any changes  
6:30-8:00 PM

TSA – RMR website:  
<http://www.sensiblenet.com/tsa/>

TSA – National website:  
[www.tsa-usa.org](http://www.tsa-usa.org)

**DESIGNATE TSA-RMR ON YOUR UNITED WAY CONTRIBUTION FORM**

Write in Tourette Syndrome-Rocky Mountain Region 303-774-7707  
on the form in “other” category

A GIANT THANK YOU to those who already do this!

**"THE REACHING & TEACHING PROGRAM"**

***The Educators' In-Service Program***

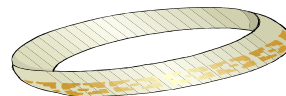
This program provides nationally recognized training tools and information  
for educators who provide services and support to individuals with  
Tourette Syndrome Spectrum Disorder.

Learn ideas that will help both the neurologically impaired student  
and the overtaxed teacher be successful.

***Call the TSA-RMR office (303-774-7707) today to schedule your  
Spring or Fall presentation***



**IT IS HERE!**



TSA now has our very own awareness bracelet!

The design is similar to the Lance Armstrong one, but ours is Teal colored,  
and inscribed with the word: **INSPIRE**

We are looking for a sponsor to help us purchase the first 100 (\$1.00 each) bracelets.

If you want more information, contact the TSA-RMR office  
303-774-7707 or email: [tsarmr@att.net](mailto:tsarmr@att.net)

## Tips to Help Parents:

1. **Review the summer plans you've made to date.** Where there are gaps, brainstorm ways to address them, such as parents rotating days off work to stay home with younger kids on unscheduled days.
2. **Post the family's summer schedule.** Mark activities (day camp, vacations, your teenager's work schedule, etc.) on a "family size" calendar posted in a central location. Be sure to note blocks of unscheduled time as well; that way, you can anticipate free time to use as you wish – even if it's just to enjoy a break in the action.
3. **Be prepared to be spontaneous.** Keep a running list of places and people to visit when time permits and the mood strikes. Summer — free from homework and tutors — is a good time to stop by the science museum, bike trail, or concert-in-the-park you can't seem to get to during the school year.
4. **If you and/or your child thrive on routine, build as much of it in to your summer schedule as possible.** Even so, your routine may change every week or so; find ways to prepare for this transition. This may be as simple as mentally rehearsing the new routine (including daily wake-up time and preparation) with your child before the week begins. Remember: Transitions can be hard for parents, too!
5. **Ask other people** (spouse, family members, and neighbors) **for help** shuttling kids to activities and supervising them on their "days off." Trade carpooling and kid-watching duties with other parents in your neighborhood.
6. **Don't succumb to summer stress!** There is bound to be some bedlam and boredom in any household during the summer. When stress strikes, try to shrug it off and find humor in the situation.

## Tips to Help Kids with Learning and/or Attention Problems:

1. **Revamp — but don't eliminate — your child's daily routine.** A daily routine gives most kids with learning or attention problems a sense of structure and security. While certain tasks (like doing homework) can be dropped during the summer, new ones (like packing for daily swim lessons) may be added. For fun, you might loosen up on certain chores during the summer, like designating every Friday as "Don't make the bed" day!
2. **Prepare your child for her scheduled activities.** If possible, visit the locations where she'll be during day camp or day care in advance. Have your child talk to counselors, caregivers, as well as other kids have enjoyed those same situations and settings.
3. **Have your child contribute to the family calendar.** Together, you can determine key dates (e.g., community pool opens for recreation swim, July Fourth barbeque) and have your child mark these on the calendar.
4. **Involve your child when preparing for family trips and activities.** Depending on her age, she can help you map out driving routes or make a list of the clothing and recreational gear the family will need.
5. **Encourage summertime learning.** Summer outings may present opportunities for your child to learn about history, geography, and nature. Look for "teachable moments" and encourage her to listen, read, take photographs, collect postcards, and keep a journal of her adventures. This type of learning can boost the self-esteem of a child who struggles in school.

# Support Group Contacts & Schedules

**Please contact the Support Group Leader near you for additional information. Often times we will have speakers, or special events not confirmed at print time. Several leaders meet on an irregular schedule, so call for dates and times.**

**Denver: 05/24/05 6:30-8:30 PM**

**Observatory Park- btwn Evans & Warren / Milwaukee & St. Paul**

**Contact:** Loree Vanderhye 303-638-1504 or [tsarmr@att.net](mailto:tsarmr@att.net) Guest Speaker: Dr. George Dorry  
3 Groups/Areas at Park – Kids to Kids/Parents to Parents/Adults to Adults  
(meet at tables near swings/climbing bars/basketball court)

**Colorado Springs: 3<sup>rd</sup> Thursday of the month 7:00-8:30 PM**  
**NAMI Offices-510 E Willamette**

**Contacts:** Rachel Bolenbaugh 719-266-8477 or Jennifer Pearce 719-481-9716  
[tsa-cospgs@bolenbaugh.net](mailto:tsa-cospgs@bolenbaugh.net)

**Longmont: Dates/Time Vary**

**Contact:** Snow White-Wardell 303-774-9657 or [jwardel@msn.com](mailto:jwardel@msn.com)

**Boise: Dates/Time Vary**

**Contact:** Patti Guicheteau 208-345-7365

**Kalispell: Dates/Time Vary**

**Contact:** Patricia DiStefano 406-755-8498

**Gillette: Dates/Times Vary**

**Contact:** Vicki Cook 307-682-9732 [vcook@vcn.com](mailto:vcook@vcn.com)

**Support Group contacts have agreed to accept calls and assist in providing information. Their comments reflect their personal background with TS and do not necessarily reflect the views of this chapter. Interested in starting a group? Contact TSA-RMR at 303-774-7707 or [tsarmr@att.net](mailto:tsarmr@att.net) We have a strong need for Support Group leaders in Nevada!**

## PUBLICATION ORDER FORM

**Please return complete page with your check to: TSA-RMR – 500 9<sup>th</sup> Ave. #2, Longmont, CO 80501**

|   |                              |
|---|------------------------------|
| Dysinhibition Syndrome (Wood & Comings) (Rage in adults/children)           | \$25 x ___ = \$ _____        |
| Tourette Syndrome & Human Behavior (Comings) softback                       | \$40 x ___ = \$ _____        |
| Search for the TS & Human Behavior Genes (Comings)                          | \$30 x ___ = \$ _____        |
| ADD Kaleidoscope-The Many Faces of Adult ADD (Comings)                      | \$25 x ___ = \$ _____        |
| <b>**From Emotions to Advocacy (Roadmap to services at schools)</b>         | <b>\$30x ___ = \$ _____</b>  |
| Ryan, A Mother's Story of Her Hyperactive/TS Child (Hughes)                 | \$10 x ___ = \$ _____        |
| Hi, I'm Adam: A Child's Book of TS (Buehrens)                               | \$ 5 x ___ = \$ _____        |
| Echolalia: An Adult's Story of TS (Seligman)                                | \$12 x ___ = \$ _____        |
| Don't Think About Monkeys: Stories by People w/TS                           | \$13 x ___ = \$ _____        |
| Adam & The Magic Marble (Buehrens)  | \$ 7 x ___ = \$ _____        |
| What Makes Ryan Tic? A Family's Triumph over TS & ADHD                      | \$15x ___ = \$ _____         |
| The Gene Bomb   | \$25 x ___ = \$ _____        |
| <b>**Teaching The Tiger (TS/ADHD/OCD teaching techniques)</b>               | <b>\$35 x ___ = \$ _____</b> |
| Video - Twitch & Shout Documentary with TSA-RMR Panel                       | \$35 x ___ = \$ _____        |
| Video - Bending the Rules - Parent's Guide-                                 | \$10 x ___ = \$ _____        |
| TS Identification Card  | \$ 1 x ___ = \$ _____        |
| <b>2005 Subscription to TSA-RMR Newsletter &amp; Website</b>                | <b>\$ 45.00</b>              |
| <b>Other Contribution</b> _____   | <b>\$ _____</b>              |
| <i>Add Postage &amp; Handling (under \$25 = \$5.00, over \$25 = \$7.00)</i> | <i>\$ _____</i>              |
| <b>Total Enclosed:</b>  | <b>\$ _____</b>              |



Tim Drake, a member of the 2005 Special Olympics Team USA, was one of six athletes from Colorado who traveled on a Department of Defense airplane and competed February 21, in Nagano, Japan. 200 athletes represented the United States. This is the same venue as the 1998 Winter Olympics.

Tim won 4th place in the Alpine Advanced Downhill course, about 4 seconds behind Markus Moritsch of Austria. Tim also brought home the Silver Medal in the Giant Slalom, 3 seconds behind Thomas Kock of Denmark.

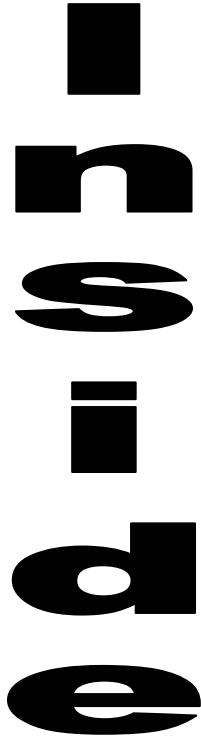
Tim said, "All of the athletes were treated wonderfully in Japan and everyone was friendly and welcomed us."

After Tim competed in two events, he injured his ACL. Tim had surgery on March 24<sup>th</sup> to repair the damage and is healing nicely.

Tim is 22 years old and has ADHA, Developmental Disabilities and Tourette Syndrome. He graduated from Palisade High School in 2003. Tim participates in year round sports with Special Olympics. When he is not training, you can find Tim working as a greeter at Red Lobster in Grand Junction, CO.

"Tim is a warm and friendly young man who loves children and likes to help others", reports Debi Brown, Tim's mom since he was four years old. "This has been a wonderful experience for not only Tim but our whole family".

Check out Tim's photo at: [www. specialolympicsteamusa](http://www.specialolympicsteamusa)



***Tips for Shifting from School to Summer Break***

***Congratulations Graduates***

***Tim Drake – TSA-RMR Member  
Brings Home Silver in Special Olympics***

***Mark Your Calendar for the  
Movement Disorder Symposium***

***May 5<sup>th</sup> - Family Medical Conference &  
Grand Rounds at Children's Hospital***

***Mothers Day Special - And More!***



Rocky Mountain Region  
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Longmont, Colorado 80501

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